

# Garry Watanabe

PRINCIPAL TRAINER AND SPORTS LEAD



**Garry Watanabe is an expert on coaching and performance psychology with a wealth of experience working under the peak of pressure in both business and sport.**

Garry spent five years in the world of corporate law before a passion for coaching led him to switch careers to become a professional swimming coach. He then spent the next 8 years directing elite swimming programs, first in Canada and then in Southern California—arguably the most competitive swimming environment in North America.

As principal trainer for Third Factor, Garry has helped thousands of leaders apply the principles of coaching, collaboration and resilience in their professional and personal lives. His corporate clients include Deloitte, Toyota, RBC and the USGA.

As Third Factor's Sport Lead, Garry oversees our many partnerships with sport organizations. Garry's contributions to sport include working with athletes and coaches in Alpine Canada's Men's and Women's Downhill and Ski Cross Teams, and extensive consulting work with the Canadian Olympic Committee.

In addition to his corporate work, Garry is affiliate faculty at the Kenan-Flagler Business School at the University of North Carolina. He is also an instructor in the Full-time MBA and Executive Leadership programs at the Smith School of Business at Queen's University.

Garry holds a Juris Doctor of Law degree from Queen's University, a master's degree in sport psychology with a specialization in talent development from the University of Ottawa, and a certificate in principled negotiation from the University of Windsor.

**“Garry brought his real world experience to the course”**

**“Garry did a great job including everyone.”**

**“He did a great job maintaining interest and engagement virtually for such a long stretch of time. That's a gift!”**

– Program Participants

## SELECTED CLIENTS

- |            |                        |                      |                      |
|------------|------------------------|----------------------|----------------------|
| • Deloitte | • Microsoft            | • Medavie Blue Cross | • Queen's University |
| • Pfizer   | • Starbucks            | • Blakes             | • USGA               |
| • RBC      | • Toyota               | • E.S. Fox           | • Alpine Canada      |
| • CIBC     | • IG Wealth Management | • Hydro One          |                      |